

## ABSTRACT OF THE DISCLOSURE

A method for controlling uplink/downlink transitions in channel allocation in a transmission frame for information transmission in a communications system having a multiplicity of cells, in which a switching point between uplink and downlink transitions is controlled in alignment with the respective switching point of adjacent cells in such a manner that the same uplinks and downlinks are predetermined in directly adjacent cells. A load-dependent control of the uplink and downlink within individual adjacent cells or groups of cells becomes possible via a variable activation of possibly a number of switching points and/or resources of the individual cells which are switched to be active. The cells are preferably arranged for this purpose in a cluster of three or four arrangement, a number of time-variable switching points (one each per cell) being used with alternating uplink and downlink change of successive cell-related channel allocations within the transmission frame.